

# *News from the Wyoming Department of Health*

Thursday, June 4, 2009

## **Wyoming Swine Flu Case Count Grows**

Testing at the Wyoming Public Health Laboratory has increased the number of laboratory-confirmed cases of swine flu (novel H1N1) virus in state residents to 25, according to the Wyoming Department of Health.

Of the confirmed infections, 23 are from Laramie County, one is from Uinta County and one is from Natrona County.

“Just as with seasonal influenza, the number of actual infections around the state is likely higher,” said Dr. Tracy Murphy, state epidemiologist with the Wyoming Department of Health. “Many ill persons do not seek medical care or are not tested for the disease.”

“Our monitoring suggests more influenza activity in Wyoming compared to what we’d normally expect for this time of the year and it’s increasing, but not yet what we see during the peak of seasonal influenza,” Murphy continued.

Precautions recommended by the department to help prevent the spread of illness include:

- Staying home from work, school or travel while ill with flu-like symptoms such as fever, cough, sore throat and body aches. Those who are severely ill (such as having trouble breathing) should seek medical care.
- Frequent hand washing with soap and water or the use of an alcohol-based hand gel.
- Covering noses and mouths with a tissue or sleeve when coughing or sneezing, and throwing used tissues in a trash can.
- Avoiding contact with ill persons.
- Persons at high risk for complications from influenza (such as persons 65 years or older, children younger than five years, pregnant women, and persons with chronic medical conditions) should consider avoiding crowded or large gatherings if ill persons may be present.

Flu symptoms include fever, cough, sore throat, body aches, headaches, and fatigue. Some patients have also reported diarrhea and vomiting.

More Wyoming information about swine flu is available online at [www.health.wyo.gov](http://www.health.wyo.gov).

####